

Aging Management

A dream many of us have had at one time or another for most of our lives. What child hasn't wished to be a bit older? We smile at that fantasy now, knowing that time has its way of solving that dilemma.

The REAL question is how we may *keep ourselves* from aging?

We CAN'T exactly turn the clock back.

We CAN do a lot to negate the "natural" effects that aging has on us. After all, isn't that what we complain about?

Toxin Removal

This is the first logical step in turning the clock back. Over the years we accumulate a lot of damage from the effect of toxins and an unhealthy lifestyle. Heavy metals are huge culprits in this process. Most of us have been around long enough to have breathed the fumes of engines that ran on gasoline with lead additives. Mercury and Arsenic are present in our seafood. Everybody I've tested has evidence of heavy metal damage. This is in South Florida,--an area that isn't known for heavy industry and toxin exposures. Folks who have moved to Florida from industrialized areas have a much larger risk of heavy metals. These can be removed by the process of Chelation which grabs these toxins and removes them from the body.

Bio-Identical Hormone Replacement Therapy

We all know that women go through menopause. Many are unaware that *men* go thru *andropause*.

To get one teaspoon of Estradiol, the active ingredient in "Premarin", you'd need to drain all the blood from 250,000 pre-menopausal women. Each of their bodies also contains a teaspoon of sugar and two tablespoons of salt. To get a teaspoon of Estradiol you'd have to deal with a hill of sugar and a mountain of salt. Sex Steroids are incredibly potent. They do however, decline with aging.

All hormones are extremely POWERFUL!

The Women's Health Initiative was a study of "commercial" hormones that had been manipulated by chemists so that they could be patented. The WHI found that women who have had traditional hormone therapy had increased

risks of cancer, dementia, heart disease, & stroke. Young people in their reproductive years don't have these problems.

Men have problems with declining testosterone. It's not just the sexual effects. There is also a great loss of vitality that happens with aging. Muscles become weaker, reflexes slow, and stamina disappears as we age. These are the effects of the loss of these important hormones. Testosterone is best given at this time by injection. Topical forms available in this country don't work as well as the injectable form does. Prostate cancer risk is a concern with this hormone.

Thyroid Function

The thyroid regulates the basic metabolic rate (think "idle speed") of all of the different cells in the body. With age the thyroid slows down in most of us as well. We all know about the "middle age spread". This happens at about the time the thyroid starts to slow down. The hormone can be replaced with pills. Careful monitoring of the thyroid function and levels is important; too much of this hormone can cause heart attacks, osteoporosis, and a variety of other problems.

Adrenal Function

The adrenal glands are well known for the "fight or flight" that happens under times of stress. Less appreciated is that we all live in a time of unabated stress. The adrenal glands also create Cortisol, which must be carefully regulated as well. Too much contributes to weight gain, not enough causes easy fatigue, aches, pains, and other problems.

It's pretty easy to understand that there is a LOT that can be done to manage the natural process of aging to get to a state of optimized health, beauty & function. Please feel free to make an appointment to discuss these options further.

To Your Health!

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